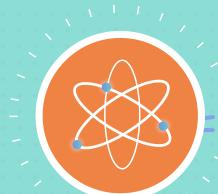
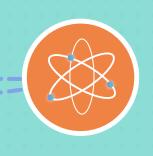
LEARNING STYLES

on how our brains process information.





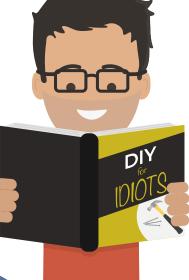




There are three types of learners. The suggestion is that we each learn in all these ways, but people have a proclivity to a particular style.

VISUAL

Visual processing means learning through seeing. Whether that's reading or watching demonstrations.







Audio is learning through what you hear. Listening to the information.

3 KINAESTHETIC

Kinaesthetic means learning through doing. Having a go and practising.



You can spot people's styles by the language they use. "That feels "I hear ya" right" You can adapt any training or learning you provide "I see what to cater for everyone. you mean" **Audio learners will** appreciate something they can listen to, a spoken explanation or audio tapes. **Engage your visual** learners by having presentations, slides, things they can watch and read.

Ideally, you'll want what you deliver to be a mixture, so that everyone's covered.

Kinaesthetic learners will do best by being set tasks and activities, or trying things for themselves.